

ABSTRACT OF THE DISCLOSURE

Methods and apparatus for personal heat control are provided. According to one embodiment of the present invention, a self-contained, portable heat control device includes a flexible enclosure, a cooling surface, a heating surface, and a heat transfer unit, such as a Peltier-effect unit. The flexible enclosure, made of one or more bonded layers of polyester (polyether) foam or a similar soft-faced material, is configured to accommodate an internal DC power supply. The heating surface is thermally insulated from the cooling surface. The heat transfer unit is accommodated in or on the flexible enclosure and is configured and disposed to cool the cooling surface and heat the heating surface.

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